anything else.

What a compli-

plicated thing life

I never realized

it before, but now

-why, one can't

the morning paper and glance at the

The paper is on the table in the liv-

It isn't more than a dozen steps away,

now that my ankle is sprain-

B-r-r-r, the telephone; who can it be

The New Spring Hat.

ter of vital economic interest, which

will effect in no small degree the

money markets of the country. And

just now money is, to speak plain-

the American husband, prodded by his wife, hands over to the milliners

of the country veritably millions of deliars. This year of all years will it hurt the family exchequer.

With \$7.50 the average lowest price

for a ready-made hat, and perhaps to the lowest price possible for a respectable home-made hat, a small

idea of the amount which will change hands is gained. One can-not include the whole population, for there may be some who will not

have the new bonnets, but the prices which they would pay is more than included in the overflow prices paid or the wealthy.
In view of these facts, it behooves

"EDUCATING" PETER.

said that I am not a prude, and I'm

Two Girl Types. And Ruth Newton, the sirl with the face like an angel and the cynical tongue, said "fellus" much as an illiterate shop-

girl might, for all she had been to school

abroad. Every once in a while I caught

in her speech and that of the vivacious girl, who sparkled tiresomely and need-lessly, traces of a more or less "about town" vernacular that would have been

more suitable to a chorus girl who knew

the lights of Broadway and little more.

Joan Arbeck was different. Her
tongue never offended unless a carcless
trace of sophistication did the offend-

ing, as with me it did, but from the first I felt that she was more exquisitely of the hunter class of women than the

other, too, and more dangerous, be-cause she was eleverer and prettier. She was, I learned later, a New York

type of girl, who, finding herself unduly saddled with brains, applies them to

She was nineteen, and the had the assurance and knowledge of thirty. She was rouged and penciled, as I've said before, with faultless taste, if such a

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frivolity with singular results.

thing within me rose in crowd of Hugh Jaynes.

is the time of the year when

ly, if ungrammatically, tight,

OTWITHSTANDING the fact

that this may seem a most

foolish and flippant subject,

regular series of maneuvers.

is as we live it to-

THE TIMES DAILY MAGAZINE PAGE

Like Sprained Ankles, Are Awkward Drawbacks to Life

Just As We Sprain Our Ankles Can Our Minds and Hearts Be Sprained and Twisted Aside From

Their Normal Moorings.

By WINIFRED BLACK.

(Copyright, 1915, by Newspaper Feature Service, Inc.)

P SHAW! What a nuisance it is to have a sprained ankle, and how easy it is to get it sprained.

You never think a thing about your ankles, either of them, unless it's sprained things out of the family, after this. Just a few little muscles pulled just a little bit out of the way, and all one's plans upset for days. If it was really sprained the same sense in all your ankles, either of them, unless it's plans upset for days. If it was really wet and sloppy and your skirts get in this trouble, but—

matter with your shoestring and it doesn't tie just right. I never knew really, for a posi-He has a sprained mind; nothing serious the matter with it; no break in the brain, nothing that was born with tive fact, that I had an ankle at all, and now since I've sprained it I don't seem to have

DAILY EDITORIAL

For Women Readers

tring within me rose in protest at this crowd of Hugh Jaynes.

Here, trankly, was a motor car crowd from New York's expensive apartments —a crowd handsomely gowned, well educated—and the girls babbled now and then in crench. Yet I missed something that I liked in people, and clashed with something subtle, indefinable, different, that I didn't like. Maybe I missed simplicity and natural humanemess, for this crowd was eternally on its guard, brilliantly scintillant at the expense of genuineness.

Two Girl Types.

take it, like best the girl whose morality is never open to doubt. Joan Arbeck probably liked the doubt. There was fascination in it. A man has told me since that the frivolous women who are good, endlessly ape the women who have a man comen who have to pay the price, stepping delicately naide with a laugh when a man comes rushing over the line. They are less scrupulous, I think, than their less worthy sisters.

remarked it.

sipation.

smoke

the brain, nothing that was born with him wrong, just a sprain, that's all. But how it does throw him out, with all his plans. Always ust a little bit too slow, always just an hour or so behind the procession.

I'm sorry for him, the man with the sprained mind, and after this I'll show I'm sorry, and not be impatient.

He can't help it, if his mind is prained.

The Sprained Heart. A sprained heart is a bad thing to have in the family.

I know a man with a sprained heart. He's a rich man, and instead of loving headlines without going through a his money for the sake of the good times he could give people with it he loves it because he thinks others are icalous of him, and that thought makes him happy. I know a woman who's always been ing room, and I am in my bed room.

but those dozen steps I must not take.

England may have been taken by the Germans; France may have marched into Germany; Berlin may be a Russian capital; the woman I knew who ran away with another woman's husband may have committed suicide and written a letter to the papers telling what on earth she saw in the man to make her throw her life away on his account. Dear me! Will nobody ever come and hand me that paper?

The Sprained Mind.

I want a drink of water. How thirsty I do get, now that my ankle is sprain-

the Pretty-nears, what an awkward time they do have hobbling through life, with their sprained ankles and their sprained brains and their sprained

at this unearthly hour? I'll have to hearts!

Let's all have as much patience as musance it is, a sprained ankle.

Let's all have as much patience as we can with them.

every woman to choose a hat which

will not be merely a balt for a sec-ond hat but which will serve her, and serve her well, not alone as a

decoration, but as a means of cov-

ering her head against the inclemency of the weather and of publishing anew a true testimonial of her

discrimination and taste. A few don'ts are herewith suggested, which may, as a precautionary mea-sure, insure against that fatal

sure, insure against that fatal snare, the hastily chosen bonnet. For we all know that merely results in another bonnet.

Don't be influenced by the styles.

Don't buy an extreme hat if it makes you look and feel like an idiot.

Don't picture yourself at your best, but at your worst, in the cre-

Don't go with a friend to buy a hat. Take an enemy or some mem-ber of the family. They will speak

Don't believe what the clerks tell

Last, but not least, don't buy that hat for its looks, as it is twirled about on the agile wrist of the clerk. But it for its direct relationship to certain homogeneous

ters.
Joan lit a cigarette with practiced fingers and smoked delicately, almost insolently. There were other women smoking, too, in the dining room tonight, and one of the men of the party remarked it.

remarked it.

"It was scarcely three years ago,"
he said thoughtfully, "when a girl
smoking publicly was banned. Look,
tonight! We're tobogganing Romen-

ward in our luxurious notions of dis

years ago only a certain sort of women smoked, and now, poof! every one does it. Have a cigarette, Mary?" "My wife," I interpolated with abso-

"Ah," said Joan, shrugging, "but three

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Sprained Minds and Hearts, Urges Office Workers to Organize To Protect Sex From Innuendo In Literature

> Mary C. Farmer Favors Strong Union of 600,000 Women Clerical Workers to Set Profession Right Before the World.

By FLORENCE E. YODER.

Comes Mary C. Farmer, writer, lawyer, and student, with a plan to protect from innuendo in current literature the women employed as stenographer or office assistant.

Organization of the 600,000 women engaged in cierical occupations into an uncompromising union, under the banner of the Stenographers, Typewriters. Bookkeepers, and Assistants Associations of America, she declares, will banish forever from light literature insult conveyed in the intimation that office assistants are out for what they can catch.

But this is only one of the virtues which the formation of such a union will confer, according to Miss Farmer. The office workers of the District should be included under the eight-hour law, should receive a stipulated wage and be protected from the present system of exploitation of her time and vitality.

tation of her time and vitality.
"The ordinary office worker, without the backing of a union, is absolutely at the mercy of the employer," said M'ss Farmer.
"The stenographer's hours must not be limited, but her wages may be. The following States have adopted some form of minimum wage, and the movement is growing:

Massachusetts Oregon California.

Massachusetts, Oregon, California, Colorado, Minnesota, Wisconsin, Utah, and Nebraska. I am told, though perhaps my authority is not of the best, that the provisions of the minimum wage laws in no case cover stenographers. What do legis-lators think they are, anyhow? But more of that later.
"In this day and age, one person cannot get legislation, especially when that one person is a total po-

Demand Living Wage. "But one person who represents thousands of persons can get attention and they do it every day. What is the reason for not having included the office workers in labor laws? Simply because they are not an organization. They are so far merely a huge body of detached workers. among whose number any may be singled out to work at the beck and call of the employer.

"Why it is that a woman who

"Why it is that a woman who starts out to work as a stenographer or typewriter is paid anywhere from \$3 to \$6 a week at the start? Simply because she is forced to endure it; she has no means of forcing legislation which will demand for her a living wage.

"The stenographers and typewriters

and office workers are the out-casts of the working world. Why? Because they have not organized. For instance, take the men who be-leng to a printers union. When the eight hour day expires the men who work the linotype and monotype mawork the linotype and monotype ma-chines quit and quit instantly, or else they demand time and a half pay for every hour worked overtime. In the business offices how dif-ferent. The girls work their type-writers until they have finished and they get not one cent of extra pay for extra work in 999 offices out of every thousand. In other words, they present the corporations em-vices them, with sometimes hunploving them with sometimes hun-dreds of dollars worth of work."
All this, Miss Farmer pointed out, could be changed through organizacould be changed through organiza-tion of the office workers, who, after all, have as much right to organ-ization as any other skilled laborers. She showed effectively the results obtained by several labor organiza-tions and then launched into a word picture of the conditions exist-

ing in many offices today.

Cost of Exploitation. "It is a disheartening thing." she said, "to go by a high office building Peter's Adventures in Matrimony at 6 and 6:30, and see the lights in so many offices and know that they spell exploitation, and not only that but utterly useless exploitation, for in taste may be faultless. I learned that very many instances, whosocever dic-THINK I must have put a damper upon that gay crowd for a while. I was too busy getting used to things to be conversational. I have taste may be faultless. I learned that tast tates fools away half a day doing nothing and starts his dictation at nothing and starts his dictation at the normal closing time simply be-cause it costs him nothing, while the cost to the girl is often perfectly tangible. Fifteen minutes overtime used to cost me exactly 25 cents a week, or a dollar and a half a month, because if I left work at 5 o'clock I had time to walk home before dinner not, and save that I hated the notion of my wife drinking a cocktail with such a delicate air of deviltry in her face, I don't know yet what instinctive thing within me rose in protest at this type that make men wonder, and that Peter's Young "Teacher."

and fifteen minutes after 5 made me late and my dinner cold. This is a late and my dinner cold. This is a small instance.

"Think for a moment of the girls who cannot live in the suburbs because the last train leaves at 5:30, and she cannot make it; or who wastes a half hour or more every single day because she just misses a car that runs on an hour or a half-hour schedule, and all for no real reason except the absolute lack of consideration of the employer. Put even a 10-cent value on that extra half hour, and you would see overtime reduced at once to a minimum. A man has no more right to steal an employe's time, which is the commodity they sell, than he has to take their money.

their money.

"To go back to the exemption of stenographers and typewriters from laws limiting hours of labor, I take for instance, the State of Virginia. There the stenographer and typewriter is specifically exempt from the ten-hour law. Just think of it. Women in factories doing purely mechanical work, have the benefit of this law, women in workships, women in mercantile establishments. Ten hours is long enough for them to work, Let

Joan laughed deliciously.

"He's a bear! He's a bear!" she exclaimed, her wonderful eyes dancing.
"Mary, this good-looking young hus-Bichloride band of your's needs educating."
I may as well say now that Joan Arbeck undertook that education. Tablet HORRIBLE DEATHS

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MISS MARY C. FARMER.

typewriter brings a number of mus-

cles into play; almost all stenog-

raphers are familiar with what is technically known as 3 o'clock fa-

tigue and with pains under the

shoulders; a small cut on the finger

can cause intense pain; the constant

click of the type is as hard on nerves as any other mechanical noise; the typist usen her eyes constantly, of-ten under electric lights, or flicker-

ten under electric lights, or ing gas; she must also, popular opin-ion to the contrary notwithstanding, use her brains constantly, and can-red so on mechanically with her

not go on mechanically with her physical work leaving her mind free to wing through space.

le at to the semi-cultured class, since

le: st to the semi-cultured class, since some education is nec. ser, and a great deal desirable in many cases. And to crown all, it is unanimously agreed by all social workers, and health experts that a speeding up process is ruinous to nerves and general health, and yet the first question asked of all applicants for clerical positions is what is your speed? And the nature of stenographic work, nine times out of every ten, demands a tense attention

every ten, demands a tense attention

and speed.
"I should also like some logical ex-

"I should also like some logical explanation of the reasons why office workers were exempt from the eight-hour law in the District. The Senator who reported the amendment dropping them from the protection of the law, stated that their places would be filled by men if they came under its provisions. This is humorous, for the civil service, with its long vacations, sick leave, short working day and comparative security of employment again and

security of employment again and again has gone on record, with the whole United States to draw from,

that it cannot get enough men stenographers, notwithstanding the

ten hours is not long enough to work at a typewriter. Semi-Cultured Class. .

"A typewriter is a machine and a machine calling for as much if not more muscular action as a power sewing machine, a cotton loom, or a thou. sand and one machines that might be enumerated. A girl operating a

Departmental **Ditties**

cination of discrepant ages. Behold how age turns to while youth turns to age for what it can get.

Gray Lady fixes he affections upon the youngest males in the Section, usually youths proud-ly drawing their first pay checks. She invites them up to see her, while youth, with its nose ever to the ground, scents food from atar and accepts. At the end of the call, gorged to content, the youth gladly goiged to content, the youth gladly promises to come again or to go to the theater with his hostess some night soon, after-theater suppers being as yet an untried revel.

The Wrinkled Gentleman proudly presents a bunch of violets every Saturday morning to the lady of his choice, usually very young and evidently unused to such tender attentions.

evidently unused to such tender attentione.

One odd thing about this equivocal situation is that everybody concerned is happy about it. The jeasousy of those not included in these little dramas doesn't count at all. The Gray Lady thinks that the boy looks up to her as a pattern of all the virtues, while he is happy in discovering such an amiable commissary department. The Wrinkled Gentleman believes that the very young clerk appreciates his courtly grace far more than she does the grace far more than she does the uncouth advances of the boy of her own age, when she really regards his flowers as a veritable godsend to add distinction and romance to

her appearance at Saturday night dances. So everybody's happy. Even this song is cheerful.

TO STOP HEADACHE

Headache usually comes from a slug gish liver and bowels. If you feel bil-ious, dizzy or tongue as coated and stomach sour, just get a 10-cent box owels and your headaches will end .-

. Your Choice

-when you hear the

butter question under

discussion you will in-

variably hear good things

being said of the de-

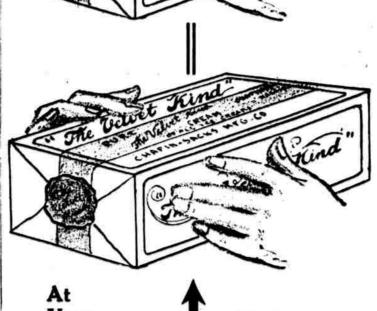
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BUTTER.

My Choice



District Office Workers Should Be Included Under Eight-hour Law and Be Protected From Exploitation, She Asserts.

fact that it requires them to pass with merely the minimum average of of 70 in order to obtain positions ahead of the women with an average

ahead of the women with an average of 85.

"It is generally said if a woman's hours are decreased her place will be filled by men. If men's wages are raised, their places will be filled by women. What would be the result if women's hours were decreased and men's wages increased at one and the same time?" Insult In Literature.

But nothing in that which Miss Farmer has said compared with her denunciation of the insult and libel which she averred had been published in light literature by the press of this country.

"On every hand we hear of the young girl in the office who is out to alienate the affections of the employer from his wife. This situation has become a national joke, but it

has become a national joke, but it has sone too far.

"How much trouble it has made one cannot tell, but it is a certainty that if women in offices were banded together and had some form of retailation that they would not let the seeds of suspicion of their actions and motives be constantly held in the face of the wives of employers.

"According to the census of 1910 there were 283,315 women stenographers in the United States; 187,155 book-keepers, cashiers, and accountants, the total number of women engaged in clerical occupations was 193,224. the total number of women engaged in clerical occupations was 193,224.

"Now as one woman I wrote not long ago to a magazine resenting the story of a stenographer who purposely alienated a husband and wife, and which gave the reader to understand that all office assistants were out for what they could catch.

The reply was that I took myself too seriously, and that the matter was not worth worrying about. To the editor, no, but to the office girls whom it actually put in a bad girls whom it actually put in a bad

light, yes.

"Had I had the other 563,223 women behind me, I doubt if the reply would have been the same.

"And that is the whole thing in a nutshell."

Some Secrets of Your Own Heart Which You May Not Even Know About Yourself!

hearted or stonyhearted is held so because of an un-

congenial disposi-DR. HIRSHBERG. tion. Indeed, the newest colloqualism is aimed at such individuals in the expression "Have a

taken for granted by the every-day man, has been and still is responsible for generously equipped laboratories of the heart ontracts in "systols." physiology, with scores of research workers delving into the strange mystery.

tery.

The more the origin of the heart-beat is investigated and studied the odder it seems and the more difficult is it to explain. The heart-beat begins at the same instant with a constriction or shrinkage of the upper two heart chambers. This passes as a wave to the two lower stories—the ventricles. A distinct, measurable pause follows.

The heart stops seventy-two times a term of the heart rests in "diastole." Then it rests against the wall of your torso of the apex beat is strong, weak, rumbing, tripping, scaly, absent, or exaggerated, each distinction and its reconnaissance in force means valuable information to a doctor.

Another fallacy was exploded by the knowledge gained in the last fifteen the part of the many kinds of muscle, valvular and other heart dis-The heart stops seventy-two times a minute. In these instants it is filling

By DR. LEONARD KEENE HIRSHBERG.

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By DR. LEONARD KEENE HIRSHBERG.

(Copyright, 1915, by Newspher Feature Service, Inc.)

HE heart of a man is a tiny fragment of flesh. So small a substance, but so Gargantuan is fis capacity for power, motion, and life that the great expanse of a cornerless universe cannot fill its four chambers.

Either there was a mass of marvelous physiological knowledge many thousands of years ago, now lost to mankind, or there has been a remarkable human intuition of what the heart stands for. The vernacular and commonplace street language all over the world is filled with expressions which indicate that the heart has to do with a person's temperament. Hardheartedness means want of sympathy with another. Any one said to be coldhearted or stony-

Some Exploded Errors.

To speak in terms electrical, when the heart contracts its "potential" differs from the heart muscle when it i at rest. If an "electrometer" is con nected with two spots on the heart heart!"

the electrical current can be proved. Advantage is now taken of this fact to diagnose and treat a legion of different kinds of heart allments. It is not necessary to touch the heart dimension heart. Big-heartedness and good-hearted people are usually fitted out with large hearts in reality, as well as poetically speaking.

the electrical current can be proved. Advantage is now taken of this fact to diagnose and treat a legion of different kinds of heart allments. It is not necessary to touch the heart directly, the hands, the chest, and other structures will do as well.

When you touch the neighborhood or your fifth rib on the left side you usually feel your heart. It is the apex the electrical current can be proved man heart. Big-heartedness and goodmearted people are usually fitted out
with large hearts in reality, as well as
poetically speaking.

Hearts vs. Sponges.

The heart-beat itself, a thing so easily
taken for granted by the every-day
man, has been and still is responsible
for generously equipped laboratories of

gerated, each distinction and its recon-naissance in force means valuable in-formation to a doctor.

Another fallacy was exploded by the knowledge gained in the last fifteen years that few if any of the many kinds of muscle, valvular and other heart dis-eases are fatal or even serious. The heart can really witstand more dis-turbances and affictions than can the kidneys, liver or stomach.

Another pleasant feature of the beat

Another pleasant feature of the beat Another pleasant feature of the beat of the heart is its production of musical or near musical noises. The old nursery rhyme of "rub a dub, dub, three men in a tub" is actually the very song sung by a sound—of which there are few if any

Two sounds are heard in a good car diac muscle. One is present at the be-ginning, the other at the end of the lower story's beat or "systole." A long, deep basso sound occurs first, then the shorter and slightly higher pitched note follows, thus: "Rub dub," in a bass clei with a musical interval of a minor third between

Physicians with musical ears are besifitted to be heart specialists, because all sorts of modifications of these tones and sorts of modifications of these tones and overtones are associated with each particular kind of heart defect. It would be amusing, if it were not pathetic, to see a man who may have written an out-of-date book on malaria, and absolutely tone deaf, posing as an "authority" on

he heart.

SEEN IN THE SHOPS By the Shopper

clothing store in Seventh street is having a special sale of low shoes in colonial shapes at \$1.95 a pair. Perhaps the greatest bargain is a dressy shoe of bronze kid fastened with a couple of tiny straps instead of a buckle. Plain colonials of dull black kid with covered buckles of the same leather would do well for every-day shoes and there are attractive slippers of black satin to wear with evening or afternoon dresses.

A department store in Eighth street is showing a number of clever models in new spring suits of satin gaberdine, covert cloth and the ever dependable serge. The colors are of the latest, with the blues the most attractive. The suits are priced most reasonably at \$19.90.

Every new idea brings a whole

train of others along with it. Of course we were surprised to find that real music, though of the popular order, came from the 10-cent records. Now we discover that these diminutive records have albums of their own, just like ten-inch and twelve-inch ones in miniature. They are priced at 25 cents, in a Ninth street store.

A department store in Seventh street has wide chiffon of good width and exceptional quality, priced at 96 cents a yard. A variety of colors is shown, among them "flamande," a version of the new melon

Another Seventh street clothing store shows skirts particularly adapted to office wear. They are of simply-made with pockets at the sides and sell for \$5.

the heart.

The heart-beat has been respectively credited to the nerves, to the muscles to both; the action of lime, potash and soda in the blood; to an enzyme or ferment; to "vitalism" and to many other automatic sources in the living tissues. True enough the heart can be made to beat almost indefinitely, as Dr. Alexis Carrel and others have shown, if certain foods or chemicals in water are kept running through its chambers, but the fact still remains that physiologists have not yet wholly discovered the vival and the how of the heart beat.

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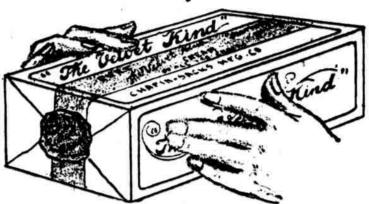
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